# Liste des 14 allergènes principaux par recette - Notre Dame de lourdes

| | Repas / Plat | Lait | Blé / Gluten | Oeuf | Poisson | Sulfites | Fruits à coques | Crustacés | Mollusques | Céleri | Soja | Arachides | Moutarde | Sésame | Lupin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | **Lundi 02 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Boulettes à l'agneau | | X | | | | | | | | X | | | | |
| | Falafels pois chiches et petits pois | X | | | | X | | | | | | | | | |
| | Semoule et carottes Bio | | X | | | | | | | | | | | | |
| | Edam | X | | | | | | | | | | | | | |
| | Mimolette | X | | | | | | | | | | | | | |
| | Yaourt nature sucré | X | | | | | | | | | | | | | |
| | Yaourt aromatisé | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | **Mardi 03 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Macédoine mayonnaise | | | X | | X | | | | | | | X | | |
| | Salade verte emmental | X | | | | X | | | | | | | X | | |
| | Chipolatas grillées | | | | | X | | | | | | | | | |
| | Saucisses végétales | | X | | | | | | | | | | | | |
| | Choux fleurs au gratin Bio | X | X | | | | | | | | | | | | |
| | Purée de pommes de terre | X | | | | | | | | | | | | | |
| | Compote de pommes | | | | | | | | | | | | | | |
| | Compote pomme banane | | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | **Jeudi 05 Novembre - Déjeuner** | | | | | | | | | | | | | | |
| | Emincé de poulet sauce suprême | X | X | | | | | | | | | | | | |
| | Portion de colin | | | | X | | | | | | | | | | |
| | Epinards béchamel | X | X | | | | | | | | | | | | |
| | Riz | | | | | | | | | | | | | | |
| | Croc'lait | X | | | | | | | | | | | | | |
| | Vache qui rit® | X | | | | | | | | | | | | | |
| | Gâteau Spéculoos amande | X | X | X | | | X | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |
| | **Vendredi 06 Novembre - Déjeuner** | | | | | | | | | | | | | | |

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Potage brocolis | | | | | | | | | X | | | | | |
| | Penne sauce napolitaine | X | X | | | | | | | | | | | | |
| | Emmental râpé | X | | | | | | | | | | | | | |
| | Mousse au café | X | | | | | | | | | | | | | |
| | Mousse chocolat au lait | X | | | | | | | | | | | | | |
| | Pain | | X | | | | | | | | | | | | |